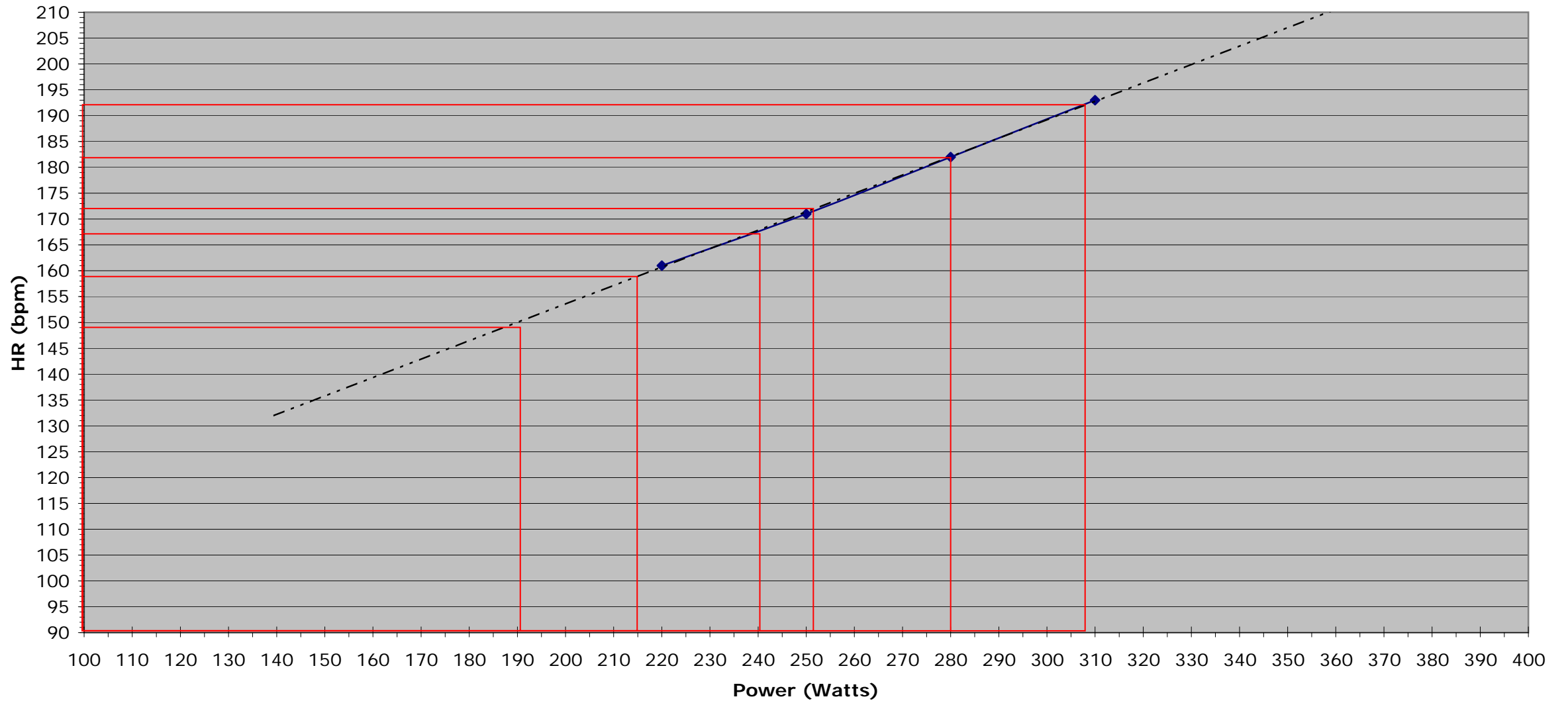


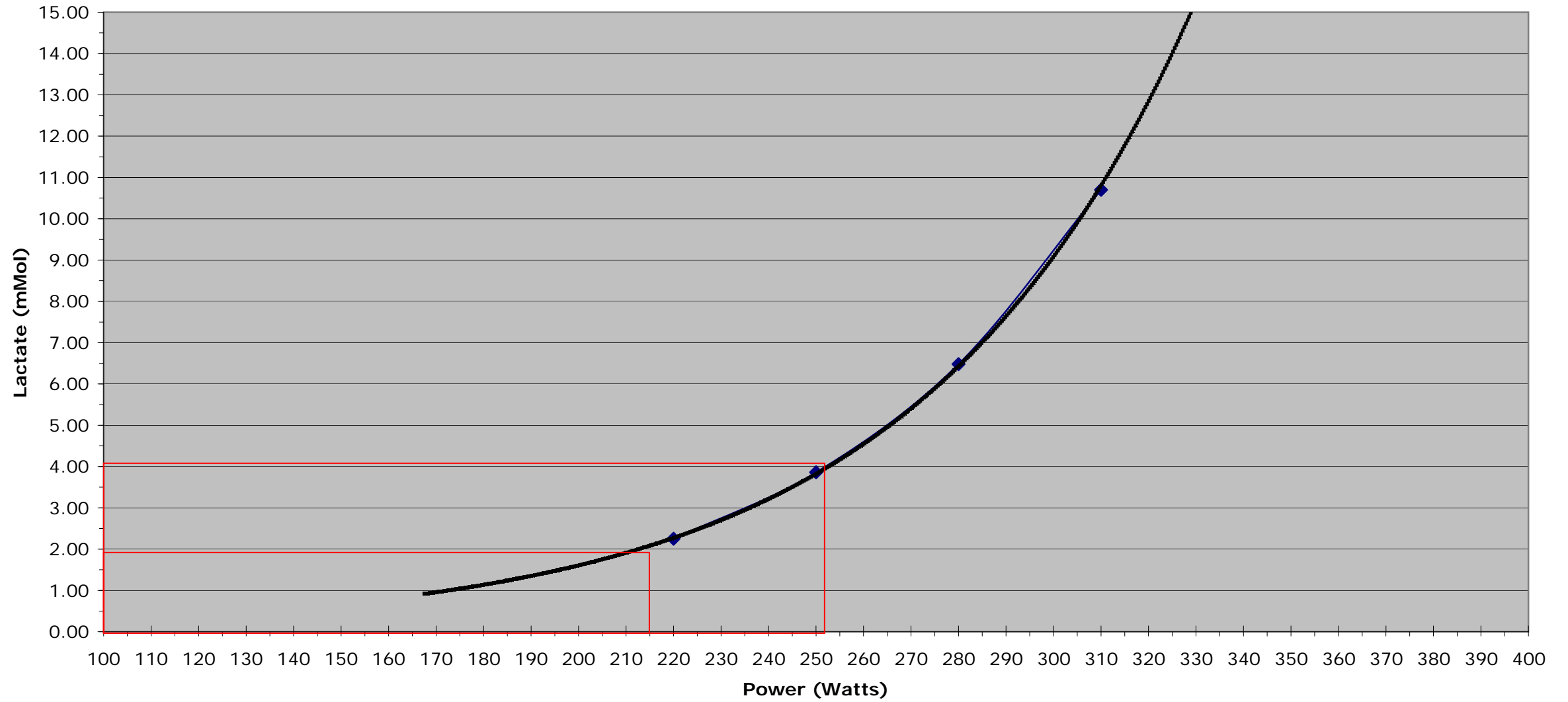
HR vs Lactate

$R^2 = 0.9995$



Lactate vs Power

$R^2 = 0.9997$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: **David Ramsey**
 Weight (lbs) **177**
 Date: **15 July 2011'**



ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	220	161	2.25
2	250	171	3.86
3	280	182	6.48
4	310	193	10.70
5			
6			
7			
8			
9			
10			

SUMMARY

Watts			
V_{L2}	215	STAGE TIME (min)	3
V_{L4}	250	RPM	90
AT (V)	280	AT (W/kg)	3.48
Peak (V)	340	pVO2 Peak	4.23

POWER TRAINING ZONES

WATTS	
Zone 1	190-215
Zone 2	215-240
Zone 3	240-250
Zone 4	250-270
Zone 5	270-310

Power Output Notes:

Last stage completed at 10.70mmol of lactate
 11+ mMol is an indication of good glycogen storage.
 Be sure to focus on the nutrition to always maximize glycogen replenishment
 Great job on ventilation during your assessment.
 Your power at VO2 peak (Cycling standards) falls in the good range.
 Power at VO2 Peak needs improvement to make room for Base
 and AT to move up. Power at VO2 Peak (340w) is your limiter. Zone 5 Work needed.

Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	340		
Anaerobic Threshold	280	272	289
Aerobic Threshold	215	221	238

Cycling Power Profile

Based on Peak Power (Wingate)

Test	WATTAGE	
	Actual	Ideal
30s Wingate	871	
VO2 Peak	348	392
Anaerobic Threshold	279	333
Aerobic Threshold	226	274

Third Coast Training - pVO2 Peak Cycling Standards

	Male		Female
Poor	<3.0 W/kg	Poor	<2.5 W/kg
Average	3.0 - 4.0 W/kg	Average	2.5 - 3.5 W/kg
Good	4.0 - 5.0 W/kg	Good	3.5 - 4.5 W/kg
Very Good	5.0 - 5.5 W/kg	Very Good	4.5 - 5.0 W/kg
Excellent	5.5+ W/kg	Excellent	5.0+ W/kg